

NLE Quick Tip: Attitude of Gratitude

You have likely heard the cliché that life is a journey, not a destination, but how do we remember that in the busyness of life? How can we de-clutter and enjoy the moments instead of waiting for a magical “next chapter” to arrive? What do you say “yes” to that is unnecessary and takes time away from the things and people who are truly most important to you in life? Eliminating a few non-essential tasks or activities gives you the time and energy to invest in those things that are essential for your balance and wellbeing. We have the freedom to choose our actions, our profession, our financial needs, and the path of our life. Each day is not about what we *have* to do. It’s about what we *get* to do. Take some time to have an attitude of gratitude for our lives, careers and the opportunities that exist all around us!

Meeting: “Attitude of Gratitude”

(Facilitator): Unfortunately, the follow-through work for this Episode is some of the toughest work to do, as it requires reflecting inward instead of focusing on everything else all around us. Take some time, whether as a group or individually, to think through the following questions.

1. Reflect on who you were when you started in this industry, and who you are now. What are you most proud of, either of what you have achieved, learned, or the person you have become?

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- _____
- _____

2. Who are the three people you want to thank for playing a part in helping you become who you are today?

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3. Instead of thinking “*I will be happier when I just...*,” fill in the blank to this sentence: “*I am happy now because _____*”

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4. What do you say “yes” to that is unnecessary and takes time away from the things and people who are truly most important to you in life? What are the non-essential tasks that you will eliminate for the next two weeks?

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5. No matter how long you have been at your firm, you are capable of demonstrating leadership qualities and maintaining a positive perspective and consistent way of being. What are the three ways you want to change how you “come across” to others?

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- _____

6. In what ways are you ready to step up to the “stop complaining” challenge?

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- _____

7. Who in my life do you care to impact the most? How specifically are you going to mentor and impact those individuals?

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8. What are five things you want to put on your bucket list, and with whom do you want to experience them?

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